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The Office of Public Instruction's (OPI) School Wellness Policy Web site gives a summary of the new requirement for school districts participating in the School Nutrition Programs to implement a wellness policy. School policy must include, at a minimum, the four components listed on the Web site. However, schools can and should include more than the minimum requirements to make their policy effective (see the link for "Local Nutrition Policies: Seven Steps to an Effective School Policy").

It is recommended that schools start by simply reading the information on the OPI Web page.

Next, it is recommended that schools follow the steps included on the Team Nutrition Web site, using the other resources as needed. *School Nutrition Programs would like to assist school districts by posting "Montana Made" policies on the Web page. Schools are encouraged to contact School Nutrition Programs if they would be willing to share their policy with other schools.*

Top Three "Most Helpful" Resources

1. The USDA's **Team Nutrition** School Wellness Policy Web site:
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>. The main page for this Web site gives a more in-depth discussion of the new requirements for schools. Although there are many other useful links on this site, it is recommended that schools click on the link on the right-hand side for "Local Process: How to Create, Implement, and Evaluate a Wellness Policy," and follow the steps listed.
2. Action For Healthy Kids **Wellness Policy Tool**:
http://www.actionforhealthykids.org/resources_wp.php. This Web site guides users through developing a policy for their school. This is an excellent resource to help complete Step 4 from the USDA's Web site (above). The provided page shows the initial screen, which includes a downloadable policy template for schools to start with. It is recommended before using this Web site that schools follow steps 1 through 3 listed on the Team Nutrition Web site, so they have an understanding of the specific needs for their school. The Center for Disease Control's (CDC) *School Health Index* is also useful for this purpose.
3. The National Association for Sport and Physical Education (NASPE) **Model Policy**:
<http://www.schoolwellnesspolicies.org/>. This Web site has downloadable (Word format) model policies that would form a great starting template and/or wording for schools. The model is a good basic policy that schools can either use "as is" or copy and paste "as needed." **Also see the Montana School Board Association's (MTSBA) Model Policy under "Model Policies."**

This list is by no means inclusive of all the good information available. As is evident from the resource section, there are a lot of excellent materials to help schools develop their wellness policy. If schools have questions please contact:

School Nutrition Programs
(406) 444-2501
Kim Pullman, RD; kpullman@mt.gov

- or -

Montana Team Nutrition Program
(406) 994-5641
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